



< Back to results | 1 of 1

↗ Export ↗ Download ↗ Print ↗ E-mail ↗ Save to PDF ☆ Add to List More... >

[Full Text](#) | View at Publisher

Document type

Article • Gold Open Access • Green Open Access

Source type

Journal

ISSN

16641078

DOI

10.3389/fpsyg.2021.646329

Publisher

Frontiers Media S.A.

Original language


English

View less ^

Frontiers in Psychology • Open Access • Volume 12 • 20 August 2021 • Article number 646329

Role of Restorativeness in Improving the Psychological Well-Being of University Students

Yusli N.A.N.M.^a, Roslan S.^a , Zaremohzzabieh Z.^a, Ghiami Z.^b, Ahmad N.^c

 Save all to author list

^a Universiti Putra Malaysia, Serdang, Malaysia

^b Institut für Biochemie, Deutschen Sporthochschule Köln, Cologne, Germany

^c International Islamic University Malaysia, Kuala Lumpur, Malaysia

1

Citation in Scopus

[View all metrics >](#)

Abstract

Author keywords

SciVal Topics

Metrics

Abstract

Many university students experience high levels of study-related fatigue, hence, necessitating opportunities for restoration. They could potentially benefit from campus-based physical activities that provide them with effective restoration breaks and allow them to return to their studies cognitively refreshed. Thus, a cross-sectional study was conducted to assess the association between perceived restorativeness among postgraduates and their psychological well-being by using the four constructs of Kaplan's attention restoration theory (ART): fascination, being away, extent, and compatibility. In this study, nature view windows were also used as a moderator. Malaysian postgraduate students [n = 192; 94 females; age in years (M = 30.64, SD = 2.73)] completed the Ryff's scale of psychological wellbeing (PWB) and perceived restorativeness scale for activity (PRAS). This study used the partial

Cited by 1 document

How can flowers and their colors promote individuals' physiological and psychological states during the COVID-19 lockdown?

Xie, J. , Liu, B. , Elsadek, M. (2021) *International Journal of Environmental Research and Public Health*

[View details of this citation](#)

Inform me when this document is cited in Scopus:

[Set citation alert >](#)

Related documents

Incompatibility and mental fatigue

Herzog, T.R. , Hayes, L.J. , Applin, R.C. (2011) *Environment and Behavior*

Nature and the City: Measuring the Attention Restoration Benefits of Singapore's Urban Vertical Greenery

Timm, S. , Dearborn, L. , Pomeroy, J. (2018) *Technology Architecture and Design*

Restorative environments

Hartig, T. (2016) *The Curated Reference Collection in Neuroscience and Biobehavioral Psychology*

[View all related documents based on references](#)

Find more related documents in Scopus based on:

[Authors >](#) [Keywords >](#)

least squares-structural equation model (PLS-SEM) to examine these relationships. The results demonstrate that three ART constructs, namely, being away, fascination, and compatibility, are significant predictors of psychological well-being across the sample size. Furthermore, for participants who reside in university dormitories, windows that overlook nature can enhance the relationship of being away, compatibility, and fascination to psychological well-being, compared with those with less natural views. Thus, this study confirmed the moderating effect of nature view windows and provided insight into the ART constructs that facilitate and enhance restorative experiences. By strengthening ART with additional factors, this study has also contributed toward the improvement of the psychological well-being of university students . © Copyright © 2021 Yusli, Roslan, Zaremozhzabieh, Ghiami and Ahmad.

Author keywords

attention restoration theory; environment; psychological well-being; restorativeness ; university students

SciVal Topics 

Metrics

References (79)

[View in search results format >](#)

☐ All

[Export](#)  [Print](#)  [E-mail](#)  [Save to PDF](#) [Create bibliography](#)

-
- ☐ 1 Anglim, J., Horwood, S., Smillie, L.D., Marrero, R.J., Wood, J.K.
Predicting Psychological and Subjective Well-Being From Personality: A Meta-Analysis ([Open Access](#))

(2020) *Psychological Bulletin*. Cited 54 times.
<http://www.apa.org/pubs/journals/bul/>
doi: 10.1037/bul0000226

[View at Publisher](#)
-
- ☐ 2 Benfield, J.A., Rainbolt, G.N., Bell, P.A., Donovan, G.H.
Classrooms With Nature Views: Evidence of Differing Student Perceptions and Behaviors

(2015) *Environment and Behavior*, 47 (2), pp. 140-157. Cited 50 times.
<http://eab.sagepub.com/archive/>
doi: 10.1177/0013916513499583

[View at Publisher](#)
-
- ☐ 3 Bido, D., da Silva, D., Ringle, C.
Structural equation modeling with the SmartPLS
(2014) *Braz. J. Market*, 13, pp. 56-73. Cited 312 times.
-
- ☐ 4 Bolten, B., Barbiero, G.
Biophilic design: How to enhance physical and psychological health and wellbeing in our built environments

(2020) *Visions for Sustainability*, 2020 (13), pp. 11-16. Cited 7 times.
<https://www.ojs.unito.it/index.php/visions/article/download/3829/3807>
doi: 10.13135/2384-8677/3829

[View at Publisher](#)
-

- 5 Browning, M.H.E.M., Mimnaugh, K.J., van Riper, C.J., Laurent, H.K., LaValle, S.M.

Can Simulated Nature Support Mental Health? Comparing Short, Single-Doses of 360-Degree Nature Videos in Virtual Reality With the Outdoors ([Open Access](#))

(2020) *Frontiers in Psychology*, 10, art. no. 2667. Cited 38 times.
<http://www.frontiersin.org/Psychology>
doi: 10.3389/fpsyg.2019.02667

[View at Publisher](#)

- 6 Cepeda Carrión, G., Henseler, J., Ringle, C.M., Roldán, J.L.

Prediction-oriented modeling in business research by means of PLS path modeling: Introduction to a JBR special section

(2016) *Journal of Business Research*, 69 (10), pp. 4545-4551. Cited 125 times.
<http://www.elsevier.com/locate/jbusres>
doi: 10.1016/j.jbusres.2016.03.048

[View at Publisher](#)

- 7 Chiang, Y.-C., Li, D., Jane, H.-A.

Wild or tended nature? The effects of landscape location and vegetation density on physiological and psychological responses

(2017) *Landscape and Urban Planning*, 167, pp. 72-83. Cited 64 times.
www.elsevier.com/inca/publications/store/5/0/3/3/4/7
doi: 10.1016/j.landurbplan.2017.06.001

[View at Publisher](#)

- 8 Chin, W.W.

The partial least squares approach for structural equation modeling
(1998) *Modern methods for business research*, pp. 295-336. Cited 10438 times.

Marcoulides G.A., (ed), ed, (Lawrence Erlbaum Associates Publishers

- 9 Collado, S.

Restorative environments and health
(2017) *Handbook of Environmental Psychology and Quality of Life Research*, pp. 127-148. Cited 87 times.

Fleury-Bahi G., Pol E., Navarro O., (eds), New York, NY, Springer, eds

- 10 Corraliza, J.A., Collado, S., Bethelmy, L.

Nature as a moderator of stress in urban children
(2012) *Proc. Soc. Behav. Sci*, 38, pp. 253-263. Cited 41 times.

- 11 Devlin, A.S., Arneill, A.B.

Health care environments and patient outcomes: A review of the literature

(2003) *Environment and Behavior*, 35 (5), pp. 665-694. Cited 226 times.
doi: 10.1177/0013916503255102

[View at Publisher](#)

- ☐ 12 DiPlacito-DeRango, M.L.
Mapping the Role of Instructors in Canadian Post-Secondary Student Mental Health Support Systems ([Open Access](#))
(2021) *International Journal of Mental Health and Addiction*
<http://www.springer.com/sgw/cda/frontpage/0,11855,1-40405-70-72976028-0,00.html?changeHeader=true>
doi: 10.1007/s11469-020-00453-3
[View at Publisher](#)
-
- ☐ 13 Earle, K.B.
(2017)
Restoration of attentional deficits after concussion [Master Thesis]. Humboldt State University, Arcata, CA, United States
-
- ☐ 14 Ekkel, E.D., de Vries, S.
Nearby green space and human health: Evaluating accessibility metrics
(2017) *Landscape and Urban Planning*, 157, pp. 214-220. Cited 228 times.
www.elsevier.com/inca/publications/store/5/0/3/3/4/7
doi: 10.1016/j.landurbplan.2016.06.008
[View at Publisher](#)
-
- ☐ 15 Elsadek, M., Liu, B., Lian, Z.
Green façades: Their contribution to stress recovery and well-being in high-density cities
(2019) *Urban Forestry and Urban Greening*, 46, art. no. 126446. Cited 29 times.
http://www.elsevier.com/ups/find/journaldescription.cws_home/701803/description#description
doi: 10.1016/j.ufug.2019.126446
[View at Publisher](#)
-
- ☐ 16 Engell, T., Lorås, H.W., Sigmundsson, H.
Window view of nature after brief exercise improves choice reaction time and heart rate restoration
(2020) *New Ideas in Psychology*, 58, art. no. 100781. Cited 2 times.
<http://www.elsevier.com/locate/newideapsych>
doi: 10.1016/j.newideapsych.2020.100781
[View at Publisher](#)
-
- ☐ 17 Felsten, G.
Where to take a study break on the college campus: An attention restoration theory perspective ([Open Access](#))
(2009) *Journal of Environmental Psychology*, 29 (1), pp. 160-167. Cited 137 times.
doi: 10.1016/j.jenvp.2008.11.006
[View at Publisher](#)
-
- ☐ 18 Fornell, C., Larcker, D.F.
(1981) *Structural Equation Models With Unobservable Variables and Measurement Error: Algebra And Statistics*. Cited 2506 times.
Los Angeles, CA, Sage

- ☐ 19 Fredrickson, B.L.
The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions
(2001) *American Psychologist*, 56 (3), pp. 218-226. Cited 6462 times.
<http://www.apa.org/pubs/journals/amp/>
doi: 10.1037/0003-066X.56.3.218
[View at Publisher](#)
-
- ☐ 20 Frumkin, H., Bratman, G.N., Breslow, S.J., Cochran, B., Kahn, P.H., Lawler, J.J., Levin, P.S., (...), Wood, S.A.
Nature contact and human health: A research agenda
(Open Access)
(2017) *Environmental Health Perspectives*, 125 (7), art. no. 075001. Cited 332 times.
https://ehp.niehs.nih.gov/wp-content/uploads/2017/07/EHP1663.alt_.pdf
doi: 10.1289/EHP1663
[View at Publisher](#)
-
- ☐ 21 Fu, M., Cheng, A.W.
College counseling services: Meeting today's demands
(2017) *Psychological Services*, 14 (4), pp. 403-406. Cited 4 times.
<http://www.apa.org/journals/ser/>
doi: 10.1037/ser0000219
[View at Publisher](#)
-
- ☐ 22 Fuad, M.D.F., Lye, M.S., Ibrahim, N., binti Ismail, S.I.F., Kar, P.C.
Prevalence and risk factors of stress, anxiety and depression among preclinical medical students in Universiti Putra Malaysia in 2014
(2015) *Int. J. Collab. Res. Intern. Med. Publ. Health*, 7, pp. 1-12. Cited 8 times.
-
- ☐ 23 Gallego, J., Aguilar-Parra, J.M., Cangas, A.J., Langer, A.I., Mañas, I.
Effect of a mindfulness program on stress, anxiety and depression in university students
(2014) *Spanish Journal of Psychology*, 17, art. no. E109. Cited 60 times.
<http://www.ucm.es/BUCM/revistasBUC/portal/modulos.php?name=Revistas2&id=SJOP>
doi: 10.1017/sjp.2014.102
[View at Publisher](#)
-
- ☐ 24 Hair, J.F., Ringle, C.M., Sarstedt, M.
PLS-SEM: Indeed a silver bullet
(2011) *Journal of Marketing Theory and Practice*, 19 (2), pp. 139-152. Cited 7027 times.
<http://www.tandfonline.com/loi/mmtp20>
doi: 10.2753/MTP1069-6679190202
[View at Publisher](#)
-
- ☐ 25 Hair, J.F., Howard, M.C., Nitzl, C.
Assessing measurement model quality in PLS-SEM using confirmatory composite analysis
(2020) *Journal of Business Research*, 109, pp. 101-110. Cited 265 times.
<http://www.elsevier.com/locate/jbusres>
doi: 10.1016/j.jbusres.2019.11.069
[View at Publisher](#)
-

-
- ☐ 26 Hajrasouliha, A.H., Ewing, R.
Campus does matter
(2016) *Plann. High. Educ.*, 44, pp. 30-45. Cited 15 times.
-
- ☐ 27 Hartig, T., Korpela, K., Evans, G.W., Gärling, T.
A measure of restorative quality in environments

(1997) *Scandinavian Housing and Planning Research*, 14 (4), pp. 175-194. Cited 345 times.
doi: 10.1080/02815739708730435

View at Publisher
-
- ☐ 28 Hartig, T., Mitchell, R., De Vries, S., Frumkin, H.
Nature and health ([Open Access](#))

(2014) *Annual Review of Public Health*, 35, pp. 207-228. Cited 1220 times.
<http://arjournals.annualreviews.org/loi/publhealth>
doi: 10.1146/annurev-publhealth-032013-182443

View at Publisher
-
- ☐ 29 Henseler, J., Hubona, G., Ray, P.A.
Using PLS path modeling in new technology research: Updated guidelines ([Open Access](#))

(2016) *Industrial Management and Data Systems*, 116 (1), pp. 2-20. Cited 1682 times.
<http://www.emeraldinsight.com/info/journals/imds/imds.jsp>
doi: 10.1108/IMDS-09-2015-0382

View at Publisher
-
- ☐ 30 Henseler, J., Ringle, C.M., Sarstedt, M.
A new criterion for assessing discriminant validity in variance-based structural equation modeling ([Open Access](#))

(2015) *Journal of the Academy of Marketing Science*, 43 (1), pp. 115-135. Cited 5618 times.
<http://www.springer.com/business/journal/11747>
doi: 10.1007/s11747-014-0403-8

View at Publisher
-
- ☐ 31 Herzog, T.R., Maguire, C.P., Nebel, M.B.
Assessing the restorative components of environments

(2003) *Journal of Environmental Psychology*, 23 (2), pp. 159-170. Cited 280 times.
<http://www.elsevier.com/inca/publications/store/6/2/2/8/7/2/index.htm>
doi: 10.1016/S0272-4944(02)00113-5

View at Publisher
-
- ☐ 32 Heywood, L.A.
Perceived recreative experience and the relief of tension
(1978) *J. Leisure Res.*, 10, pp. 86-97. Cited 8 times.
-

-
- 33 Hipp, J.A., Gulwadi, G.B., Alves, S., Sequeira, S.
The Relationship Between Perceived Greenness and Perceived Restorativeness of University Campuses and Student-Reported Quality of Life

(2015) *Environment and Behavior*, 48 (10), pp. 1292-1308. Cited 59 times.
<http://eab.sagepub.com/archive/>
doi: 10.1177/0013916515598200

View at Publisher
-
- 34 Hodson, C.B., Sander, H.A.
Green urban landscapes and school-level academic performance ([Open Access](#))

(2017) *Landscape and Urban Planning*, 160, pp. 16-27. Cited 54 times.
www.elsevier.com/locate/landurbplan
doi: 10.1016/j.landurbplan.2016.11.011

View at Publisher
-
- 35 Holm-Hadulla, R.M., Koutsoukou-Argraki, A.
Mental health of students in a globalized world: Prevalence of complaints and disorders, methods and effectiveness of counseling, structure of mental health services for students

(2015) *Mental Health and Prevention*, 3 (1-2), pp. 1-4. Cited 33 times.
<http://www.elsevier.com/locate/mental-health-and-prevention>
doi: 10.1016/j.mhp.2015.04.003

View at Publisher
-
- 36 Holt, E.W., Lombard, Q.K., Best, N., Smiley-Smith, S., Quinn, J.E.
Active and passive use of green space, health, and well-being amongst university students ([Open Access](#))

(2019) *International Journal of Environmental Research and Public Health*, 16 (3), art. no. 424. Cited 29 times.
<https://www.mdpi.com/1660-4601/16/3/424/pdf>
doi: 10.3390/ijerph16030424

View at Publisher
-
- 37 Horacek, T.M., White, A.A., Byrd-Bredbenner, C., Reznar, M.M., Olfert, M.D., Morrell, J.S., Koenings, M.M., (...), Thompson-Snyder, C.A.
PACES: A physical activity campus environmental supports audit on university campuses

(2014) *American Journal of Health Promotion*, 28 (4), pp. e104-e117. Cited 11 times.
<http://www.ajhpcontents.com/doi/pdf/10.4278/ajhp.121212-QUAN-604>
doi: 10.4278/ajhp.121212-QUAN-604

View at Publisher
-
- 38 Howell, A.J., Dopko, R.L., Passmore, H.-A., Buro, K.
Nature connectedness: Associations with well-being and mindfulness

(2011) *Personality and Individual Differences*, 51 (2), pp. 166-171. Cited 235 times.
doi: 10.1016/j.paid.2011.03.037

View at Publisher
-

-
- ☐ 39 Iwasaki, Y., Mackay, K.J., Mactavish, J.B., Ristock, J., Bartlett, J.
Voices from the margins: Stress, active living, and leisure as a contributor to coping with stress

(2006) *Leisure Sciences*, 28 (2), pp. 163-180. Cited 66 times.
doi: 10.1080/01490400500484065

View at Publisher
-
- ☐ 40 Jo, H., Song, C., Miyazaki, Y.
Physiological benefits of viewing nature: A systematic review of indoor experiments ([Open Access](#))

(2019) *International Journal of Environmental Research and Public Health*, 16 (23), art. no. 4739. Cited 29 times.
<https://www.mdpi.com/1660-4601/16/23/4739/pdf>
doi: 10.3390/ijerph16234739

View at Publisher
-
- ☐ 41 Kaplan, R.
The nature of the view from home psychological benefits

(2001) *Environment and Behavior*, 33 (4), pp. 507-542. Cited 658 times.
doi: 10.1177/00139160121973115

View at Publisher
-
- ☐ 42 Kaplan, R., Kaplan, S.
The experience of nature: a psychological perspective

(1989) *The experience of nature: a psychological perspective*. Cited 3637 times.
ISBN: 0521341396; 978-052134139-4
-
- ☐ 43 Kaplan, S.
The restorative benefits of nature: Toward an integrative framework

(1995) *Journal of Environmental Psychology*, 15 (3), pp. 169-182. Cited 2579 times.
doi: 10.1016/0272-4944(95)90001-2

View at Publisher
-
- ☐ 44 Kaplan, S., Talbot, J.F.
Psychological benefits of a wilderness experience
(1983) *Behavior and the Natural Environment. Human Behavior and Environment (Advances in Theory and Research)*, Vol 6, pp. 163-203. Cited 258 times.
Altman I., Wohlwill J.F., (eds), Boston, MA, Springer, eds
-
- ☐ 45 Korpela, K., De Bloom, J., Sianoja, M., Pasanen, T., Kinnunen, U.
Nature at home and at work: Naturally good? Links between window views, indoor plants, outdoor activities and employee well-being over one year ([Open Access](#))

(2017) *Landscape and Urban Planning*, 160, pp. 38-47. Cited 37 times.
www.elsevier.com/inca/publications/store/5/0/3/3/4/7
doi: 10.1016/j.landurbplan.2016.12.005

View at Publisher
-

- 46 Kulsoom, B., Afsar, N.A.
Stress, anxiety, and depression among medical students in a multiethnic setting ([Open Access](#))

(2015) *Neuropsychiatric Disease and Treatment*, 11, pp. 1713-1722. Cited 83 times.
<http://www.dovepress.com/getfile.php?fileID=25996>
doi: 10.2147/NDT.S83577

[View at Publisher](#)
-
- 47 Lazarus, R.S.
(1966) *Psychological Stress and the Coping Process*. Cited 4075 times.
New York, NY, McGraw-Hill
-
- 48 Lin, W., Chen, Q., Jiang, M., Zhang, X., Liu, Z., Tao, J., Wu, L., (...), Zeng, Q.
The effect of green space behaviour and per capita area in small urban green spaces on psychophysiological responses

(2019) *Landscape and Urban Planning*, 192, art. no. 103637. Cited 17 times.
www.elsevier.com/inca/publications/store/5/0/3/3/4/7
doi: 10.1016/j.landurbplan.2019.103637

[View at Publisher](#)
-
- 49 Liprini, R.M., Coetzee, N.
The relationship between students' perceptions of the University of Pretoria's on-campus green spaces and attention restoration ([Open Access](#))

(2017) *Human Geographies*, 11 (2), pp. 155-167. Cited 8 times.
http://humangeographies.org.ro/articles/112/a_112_2_liprini.pdf
doi: 10.5719/hgeo.2017.112.2

[View at Publisher](#)
-
- 50 Markevych, I., Schoierer, J., Hartig, T., Chudnovsky, A., Hystad, P., Dzhambov, A.M., de Vries, S., (...), Fuertes, E.
Exploring pathways linking greenspace to health: Theoretical and methodological guidance ([Open Access](#))

(2017) *Environmental Research*, 158, pp. 301-317. Cited 521 times.
<http://www.elsevier.com/inca/publications/store/6/2/2/8/2/1/index.htm>
doi: 10.1016/j.envres.2017.06.028

[View at Publisher](#)
-
- 51 Mitchell, R., Popham, F.
Effect of exposure to natural environment on health inequalities: an observational population study

(2008) *The Lancet*, 372 (9650), pp. 1655-1660. Cited 1032 times.
<http://www.journals.elsevier.com/the-lancet/>
doi: 10.1016/S0140-6736(08)61689-X

[View at Publisher](#)
-
- 52 Muslim, H.F.M.
(2017) *Childhood nature experience and public affective attitudes towards tropical urban biodiversity conservation [PhD Thesis]*
Tokyo Metropolitan University, Hachioji, Japan
-

-
- 53 Negrín, F., Hernández-Fernaudo, E., Hess, S., Hernández, B.
Discrimination of urban spaces with different level of
restorativeness based on the original and on a shorter version
of Hartig et al.'s perceived restorativeness scale ([Open Access](#))
- (2017) *Frontiers in Psychology*, 8 (OCT), art. no. 1735. Cited 14 times.
<https://www.frontiersin.org/articles/10.3389/fpsyg.2017.01735/full>
doi: 10.3389/fpsyg.2017.01735
- [View at Publisher](#)
-
- 54 Neilson, B.N., Craig, C.M., Curiel, R.Y., Klein, M.I.
Restoring Attentional Resources With Nature: A Replication
Study of Berto's (2005) Paradigm Including Commentary
From Dr. Rita Berto
- (2021) *Human Factors*, 63 (6), pp. 1046-1060. Cited 3 times.
<http://hfs.sagepub.com/>
doi: 10.1177/0018720820909287
- [View at Publisher](#)
-
- 55 Norling, J.C., Sibthorp, J., Ruddell, E.
Perceived Restorativeness for Activities Scale (PRAS):
Development and validation
- (2008) *Journal of Physical Activity and Health*, 5 (1), pp. 184-195. Cited 15
times.
<http://www.humankinetics.com/eJournalMedia/pdfs/15284.pdf>
doi: 10.1123/jpah.5.1.184
- [View at Publisher](#)
-
- 56 Ohly, H., White, M.P., Wheeler, B.W., Bethel, A., Ukoumunne, O.C., Nikolaou,
V., Garside, R.
Attention Restoration Theory: A systematic review of the
attention restoration potential of exposure to natural
environments ([Open Access](#))
- (2016) *Journal of Toxicology and Environmental Health - Part B: Critical
Reviews*, 19 (7), pp. 305-343. Cited 187 times.
<http://www.tandf.co.uk/journals/titles/10937404.asp>
doi: 10.1080/10937404.2016.1196155
- [View at Publisher](#)
-
- 57 Olivos, P., Clayton, S.
Self, nature and well-being: sense of connectedness and environmental
identity for quality of life
(2016) *Handbook of Environmental Psychology and Quality of Life
Research*, pp. 107-126. Cited 25 times.
Fleury-Bahi G., Pol E., Navarro O., (eds), eds, (Springer
-
- 58 Payne, E.A., Loi, N.M., Thorsteinsson, E.B.
The Restorative Effect of the Natural Environment on
University Students' Psychological Health ([Open Access](#))
- (2020) *Journal of Environmental and Public Health*, 2020, art. no.
4210285. Cited 3 times.
<http://www.hindawi.com/journals/jep/2020/4210285>
doi: 10.1155/2020/4210285
- [View at Publisher](#)
-

- 59 Pedrelli, P., Nyer, M., Yeung, A., Zulauf, C., Wilens, T.
College students: Mental health problems and treatment considerations ([Open Access](#))

(2015) *Academic Psychiatry*, 39 (5), pp. 503-511. Cited 194 times.
<http://link.springer.com/journal/40596>
doi: 10.1007/s40596-014-0205-9

View at Publisher
-
- 60 Raanaas, R.K., Patil, G.G., Hartig, T.
Health benefits of a view of nature through the window: A quasi-experimental study of patients in a residential rehabilitation center

(2012) *Clinical Rehabilitation*, 26 (1), pp. 21-32. Cited 82 times.
doi: 10.1177/0269215511412800

View at Publisher
-
- 61 Ragsdale, J.M., Beehr, T.A., Grebner, S., Han, K.
An Integrated Model of Weekday Stress and Weekend Recovery of Students

(2011) *International Journal of Stress Management*, 18 (2), pp. 153-180. Cited 38 times.
doi: 10.1037/a0023190

View at Publisher
-
- 62 Roslan, S., Ahmad, N., Nabilla, N., Ghiami, Z.
Psychological Well-being among Postgraduate Students ([Open Access](#))

(2017) *Acta Medica Bulgarica*, 44 (1), pp. 35-41. Cited 10 times.
<http://www.degruyter.com/view/j/amb.2015.42.issue-2/issue-files/amb.2015.42.issue-2.xml>
doi: 10.1515/amb-2017-0006

View at Publisher
-
- 63 Ryff, C.D.
Well-Being With Soul: Science in Pursuit of Human Potential ([Open Access](#))

(2018) *Perspectives on Psychological Science*, 13 (2), pp. 242-248. Cited 36 times.
<http://pps.sagepub.com/content/by/year>
doi: 10.1177/1745691617699836

View at Publisher
-
- 64 Sandifer, P.A., Sutton-Grier, A.E., Ward, B.P.
Exploring connections among nature, biodiversity, ecosystem services, and human health and well-being: Opportunities to enhance health and biodiversity conservation ([Open Access](#))

(2015) *Ecosystem Services*, 12, pp. 1-15. Cited 462 times.
<http://www.journals.elsevier.com/ecosystem-services/>
doi: 10.1016/j.ecoser.2014.12.007

View at Publisher
-

- ☐ 65 Scopelliti, M., Vittoria Giuliani, M.
Choosing restorative environments across the lifespan: A matter of place experience
(2004) *Journal of Environmental Psychology*, 24 (4), pp. 423-437. Cited 130 times.
doi: 10.1016/j.jenvp.2004.11.002
[View at Publisher](#)
-
- ☐ 66 Stevenson, M.P., Schilhab, T., Bentsen, P.
Attention Restoration Theory II: a systematic review to clarify attention processes affected by exposure to natural environments
(2018) *Journal of Toxicology and Environmental Health - Part B: Critical Reviews*, 21 (4), pp. 227-268. Cited 86 times.
<http://www.tandf.co.uk/journals/titles/10937404.asp>
doi: 10.1080/10937404.2018.1505571
[View at Publisher](#)
-
- ☐ 67 Subiza-Pérez, M., Vozmediano, L., Juan, C.S.
Restoration in urban settings: Pilot adaptation and psychometric properties of two psychological restoration and place bonding scales
(2017) *Psychology*, 8 (2), pp. 234-255. Cited 11 times.
http://www.tandfonline.com/loi/rprb20?open=5&repitition=0#vol_5
doi: 10.1080/21711976.2017.1311073
[View at Publisher](#)
-
- ☐ 68 Taylor, A.F., Kuo, F.E., Sullivan, W.C.
Views of nature and self-discipline: Evidence from inner city children
(2002) *Journal of Environmental Psychology*, 22 (1-2), pp. 49-63. Cited 345 times.
<http://www.elsevier.com/inca/publications/store/6/2/2/8/7/2/index.htm>
doi: 10.1006/jevp.2001.0241
[View at Publisher](#)
-
- ☐ 69 Tennesen, C.M., Cimprich, B.
Views to nature: Effects on attention
(1995) *Journal of Environmental Psychology*, 15 (1), pp. 77-85. Cited 411 times.
doi: 10.1016/0272-4944(95)90016-0
[View at Publisher](#)
-
- ☐ 70 Trigwell, J.L., Francis, A.J.P., Bagot, K.L.
Nature connectedness and eudaimonic well-being: Spirituality as a potential mediator
(2014) *Ecopsychology*, 6 (4), pp. 241-251. Cited 28 times.
www.liebertpub.com/eco
doi: 10.1089/eco.2014.0025
[View at Publisher](#)
-
- ☐ 71 Ulrich, R.S.
Aesthetic and affective response to natural environment
(1983) *Behavior and the Natural Environment*, Vol. 6, pp. 85-125. Cited 1008 times.
Altman I., Wohlwill J.F., (eds), eds, (Springer

- 72 van den Bogerd, N., Dijkstra, S.C., Tanja-Dijkstra, K., de Boer, M.R., Seidell, J.C., Koole, S.L., Maas, J.

Greening the classroom: Three field experiments on the effects of indoor nature on students' attention, well-being, and perceived environmental quality ([Open Access](#))

(2020) *Building and Environment*, 171, art. no. 106675. Cited 13 times.
<http://www.elsevier.com/inca/publications/store/2/9/6/index.htm>
doi: 10.1016/j.buildenv.2020.106675

[View at Publisher](#)

- 73 Viviers, H.
Natural retreats and human well-being: reading the Song of Songs through the lens of Attention Restoration Theory
(2016) *Scriptura*, 115, pp. 1-19.

- 74 Weinstein, N., Przybylski, A.K., Ryan, R.M.
Can nature make us more caring? Effects of immersion in nature on intrinsic aspirations and generosity ([Open Access](#))

(2009) *Personality and Social Psychology Bulletin*, 35 (10), pp. 1315-1329. Cited 238 times.
doi: 10.1177/0146167209341649

[View at Publisher](#)

- 75 Wendelboe-Nelson, C., Kelly, S., Kennedy, M., Cherrie, J.W.
A scoping review of mapping research on green space and associated mental health benefits ([Open Access](#))

(2019) *International Journal of Environmental Research and Public Health*, 16 (12), art. no. 2081. Cited 34 times.
<https://www.mdpi.com/1660-4601/16/12/2081/pdf>
doi: 10.3390/ijerph16122081

[View at Publisher](#)

- 76 White, M., Smith, A., Humphries, K., Pahl, S., Snelling, D., Depledge, M.
Blue space: The importance of water for preference, affect, and restorativeness ratings of natural and built scenes

(2010) *Journal of Environmental Psychology*, 30 (4), pp. 482-493. Cited 354 times.
doi: 10.1016/j.jenvp.2010.04.004

[View at Publisher](#)

- 77 White, M.P., Alcock, I., Grellier, J., Wheeler, B.W., Hartig, T., Warber, S.L., Bone, A., (...), Fleming, L.E.
Spending at least 120 minutes a week in nature is associated with good health and wellbeing ([Open Access](#))

(2019) *Scientific Reports*, 9 (1), art. no. 7730. Cited 175 times.
www.nature.com/srep/index.html
doi: 10.1038/s41598-019-44097-3

[View at Publisher](#)

- 78 Williams, K.J.H., Lee, K.E., Hartig, T., Sargent, L.D., Williams, N.S.G., Johnson, K.A.
Conceptualising creativity benefits of nature experience: Attention restoration and mind wandering as complementary processes ([Open Access](#))
(2018) *Journal of Environmental Psychology*, 59, pp. 36-45. Cited 22 times.
<http://www.elsevier.com/inca/publications/store/6/2/2/8/7/2/index.htm>
doi: 10.1016/j.jenvp.2018.08.005
[View at Publisher](#)

- 79 Wong, K.K.K.
Partial least squares structural equation modeling (pls-sem) techniques using SmartPLS
(2013) *Market. Bull.*, 24, pp. 1-32. Cited 905 times.

👤 Roslan, S.; Universiti Putra Malaysia, Serdang, Malaysia;
email:samsilah@upm.edu.my
© Copyright 2021 Elsevier B.V., All rights reserved.

◀ Back to results | 1 of 1

⤴ Top of page

About Scopus

What is Scopus
Content coverage
Scopus blog
Scopus API
Privacy matters

Language

日本語に切り替える
切换到简体中文
切换到繁體中文
Русский язык

Customer Service

Help
Contact us

ELSEVIER

[Terms and conditions](#) ⤵ [Privacy policy](#) ⤵

Copyright © Elsevier B.V. ⤵. All rights reserved. Scopus® is a registered trademark of Elsevier B.V.

We use cookies to help provide and enhance our service and tailor content. By continuing, you agree to the use of cookies.

RELX